

Depression Postpartum Session2 (6-8 week visit)

Slides 1-4, List of resources

Topic	Material	Advisor Text
Depression introduction	Guide 1 How depression works	<p>You remember this diagram of how depression works. Bad things that have happened to you in the past, or current stresses, affect how you think about things and about yourself.</p> <p>2. These thoughts affect how you feel and how you feel affects how you act or behave.</p> <p>3. When you THINK bad or negative things you are going to have depressed feelings.</p> <p>4. When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.</p> <p>5. You are more vulnerable now with a new baby to the Baby Blues and feelings of depression. Let's talk about how you can manage your moods.</p>
Revising negative thoughts	Guide 2	<p>1. Have any recent events resulted in negative thoughts that have troubled you recently? How have you managed them? <i>Encourage her to revise each.</i></p> <p>2. You can continue to manage these thoughts and worries in the same way we have been practicing together.</p> <p>3. Let's go over those ways to reduce negative thoughts. One way is thought stopping. Just telling yourself to quit thinking that thought. You could also revise that thought in to a positive one. <i>Use example she offered earlier.</i> You can also set aside a time each day for your worry time but don't let yourself think those thoughts any other time during the day. It is also good to try and use humor, exaggerate your worry to yourself. These strategies will continue to be important to you in managing your moods.</p>
Scheduling pleasant activities	Guide 3	<p>1. It will continue to be important for you to find time for yourself and do pleasant things for yourself as much as you can. You may need to revise your Plan for the Week and make some changes in your routines as the baby grows. You may need then to plan on new times that you can make to do pleasant activities. Which activities can you do now? Which ones will you want to get back to? When can you get together with other people?</p> <p>2. Rest is also very important to get when you can, or just a time when you can get a break for yourself.</p>
Depression Closure	Guide 4 List of resources	<p>1. You have developed lots of skills to use now to avoid depression. What are the ones that seem to work best for you? I think you will find that you are going to be able to continue to use these skills on your own. That voice inside you is going to remind you about revising negative thoughts and looking for ways to reward yourself for doing the things you have to do.</p> <p>2. Are you feeling that you would like some continuing help with managing depression now? <i>Review some referral sources if needed.</i></p>

		3. If you find in the future that depression is a problem for you, it is worth getting some more help. We will give you some resources for you to call if you need to.
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